

CLUB



HONG KONG FOOTBALL CLUB 香港足球會 NOVEMBER 2023



NETBALL

HONORARY MEMBERSHIP CEREMONY FOR CATHERINE COX

SWIMMING AND TRIATHLON

CHARLIE HALL MAKES HONG KONG PROUD
AT ASIAN GAMES, HANGZHOU

SOCCER

JUNIOR SOCCER SUMMER TOUR 2023



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Hong Kong Football Club

3 Sports Road, Happy Valley,
Hong Kong

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| | |
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| Acting Senior Sports Manager | |

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CLUB MAGAZINE

Monthly journal of the Hong Kong Football Club. For information and requests for placement of advertisements in "Club" please call 2830 9503. The opinions expressed in the articles are those of the writers and do not necessarily reflect the opinions of the Hong Kong Football Club or the General Committee. The Club reserves the right to edit and clarify all content. The copyright of all materials is held by the Hong Kong Football Club.



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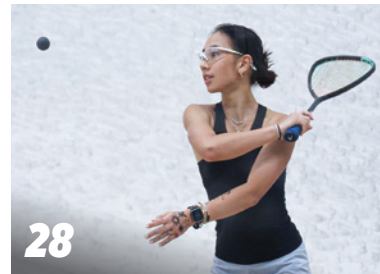
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THANKS GIVING

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Thursday, 23rd November 2023

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HK\$134 | per elder child (aged 8-11)
HK\$98 | per child (aged 4-7)

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T: 2830 9569 E: coffeeshop@hkfc.com

THE THOUGHTS OF THE CHAIRMAN

主席的話

Neil Jensen
Chairman



As the month of November approaches, we can look forward to cooler weather, which is a good thing now that pre-season training has come to an end and the competitive teams can get down to business.

Here are some games to look forward to next month, so head down the Club to support our teams:

- **5th November:** 1st Team Soccer home match (HK Premier League vs BC Rangers, 16:30)
- **12th November:** 1st Team Soccer home match (HK Premier League vs Resources Capital, 16:30)
- **From 20th to 26th November:** International World Masters Hockey Asian Championship

After 23rd November, don't be surprised by the sudden appearance of **phone booths** at the Captain's Bar on the 1st floor, Workspace in the Library and at the seating area of the 2nd floor foyer. No, we're not filming an episode of Dr. Who. They are here for your convenience and can be used to make phone calls within the Club without breaking the Club's Bye-laws.

Improvements and upgrade of the **Training Triangle** is in progress, and we hope to see this area utilised by all, including the introduction of new modular containers that will be used to store outdoor performance equipment safely.

Moving on to the Sportsman's Bar, please make time to check the back patio out. There are **new BBQ stations** in place, and in December we will complete the set-up with new pizza and tandoori ovens. This additional service can be used in a few ways. Our chefs will be cooking up tasty food on a regular basis, but there will be opportunities for members to either DIY on the grill, or the space can also be rented out for private events. For more information, please email sportsmans@hkfc.com.

Finally, please be reminded of the **Annual General Meeting** which will take place **on 2nd November at 7pm** in the Happy Valley Suites, followed by light drinks and snacks at the back deck of the Sportsman's Bar. I look forward to welcoming you there.

Neil Jensen
Chairman

隨著11月將至，正好季前訓練已經完結，我們期待天氣漸趨涼快，好讓本會球隊接下來可以在較舒適的天氣下作賽。

以下是部分值得關注的賽事，請大家到場支持球隊，為球員打氣：

- **11月5日：**足球部第一隊主場賽事（下午4點30分 港超對流浪）
- **11月12日：**足球部第一隊主場賽事（下午4點30分 港超對晉峰）
- **11月20日至26日：**國際 World Masters Hockey 亞洲錦標賽

留意賽事之外，11月23日後蒞臨本會時不妨注意四周，你會發現一樓 Captain's Bar、地下圖書館的 Workspace 及二樓大堂的座位區設置了新的 **電話亭**，此時大家不要驚訝，我們並非在拍劇集 Dr. Who。新添的電話亭是為方便大家，能於本會範圍內打電話，同時不會違反本會附例。

訓練場的改善及更新工程現正進行中，本會更引進了能夠安全存放戶外健身設備的新貨櫃模塊，期待完工後大家都能充份利用此戶外訓練空間。

接着就到 Sportsman's Bar，大家不妨抽時間到後方露台看看，**新燒烤站**已經投入使用，而12月我們將完成架設全新的薄餅焗爐及印度烤爐。各位能以多種方式使用後方露台這個新服務，雖則我們將定期有廚師即席烹調美食，但會員亦有機會在場 DIY 燒烤，或者租用地方舉辦私人活動。想了解更多詳情，請電郵至 sportsmans@hkfc.com。

最後，緊記**周年大會**將於**11月2日晚上7時**於 Happy Valley Suites 舉行，其後還可到 Sportsman's Bar 後方露台小酌一杯並享用小吃。期待在周年大會見到大家。

主席 Neil Jensen

OBITUARY

We were saddened to hear the news of the recent passing of our former Chairman

Jack Duncan

Our thoughts and prayers go to his families and friends. May he rest in peace.

REACH THE ELITE



Hong Kong Football Club Magazine is a monthly publication which is distributed to the Members of the Club, other prestigious clubs in Hong Kong and reciprocal clubs worldwide. The magazine has a circulation of over 3,000 per month and a readership of approximately 6,000 adults and 5,000 children.

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 15% discount for 6 months insertions
 20% discount for 11 months insertions
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 Senior Steward
 Attendant



**Huen Tsz Ying,
 Suki**
 Accounting
 Officer



**Wong Ching Man,
 Dorothy**
 Captain

GENERAL MANAGER'S MONTHLY MESSAGE

總經理的話

Randal Linhart
General Manager



On 28th September 2023, I initiated the Club's first **Townhall Meeting** for our employees in the Happy Valley Suites. Around 180 team members joined, listening to all department heads giving the latest updates and future plans of good things to come. There was also a prize presentation for the staff that were awarded the **Star Award of Q2, 2023** because of their outstanding attitudes while performing their duties.

I've also enhanced staff communications by holding the first ever **"Team Connect"** session on 15th September 2023 at the Workspace in the Library. I plan to host these interactive gatherings twice a month with a rotation of one of my senior management team together with around 15-20 staff from various departments. With some light refreshments and a relaxing atmosphere, Team Connect creates a platform for team members to voice their ideas and suggestions to management with confidence. Follow-up actions will be assigned to respective department heads after each gathering to create a better employee experience for our team members.

As we approach peak season and the Club returns to something like its old self, I would like to remind you of the following **rules and guidelines** to ensure a safe and enjoyable experience for everyone at the Club:

- **Supervision of Children:** Members are responsible for supervising any children accompanying them, including their guests. Please ensure that children are properly supervised at all times. Sprinting and screaming are not allowed in the indoor areas of the Club.
- **Private Coaching and Media Usage:** Only individuals with a service contract with the Club are allowed to provide private coaching. The use of photos or videos taken within the Club for business purposes is strictly prohibited, unless special permission has been granted by the Club.
- **Sports Hall Usage:** In the Sports Hall, ball kicking is strictly prohibited, except during designated soccer training times, soccer class sessions, or special events authorised by the Club. This rule is in place to ensure the safety of all users on the courts.
- **Music Playing:** Unless for a specific event or approved by the Club's management, playing music openly in the Club is not allowed as it may distract or disturb others who are using the facilities.
- **Guests and Guardians:** Please note that members' guardians are not considered members themselves and, therefore, are not entitled to bring guests to the Club.
- **Main Pitch Usage:** The Main Pitch is primarily reserved for team training and matches that have been authorised by the Club. Any social play or ball games outside of the originally arranged schedule should take place on the Training Triangle and not on the Main Pitch. We kindly request that you avoid walking on the grass/turf of the Main Pitch to ensure its long-term maintenance.
- **Regular Checks:** Our staff will be conducting regular checks to enforce these guidelines. We greatly appreciate your cooperation in adhering to these rules for the benefit of all members.

Randal Linhart
General Manager

2023年9月28日，本人在Happy Valley Suites舉辦本會首次**員工大會**，約有180名團隊成員出席，聽取各部門主管報告最新情況和未來發展方案。當日我們同時為2023年第二季的員工之星得獎者舉行頒獎典禮，以表揚他們認真的工作態度，在此再次恭喜一眾得獎者。

除此之外，2023年9月15日，本人在圖書館的Workspace舉行有史以來第一次**「Team Connect」**聚會，促進管理團隊與員工之間的溝通。本人計劃每個月主持兩次互動聚會，管理團隊輪流派出1位成員，與15至20名來自不同部門的員工直接交流。聚會的茶點，加上輕鬆的氛圍，Team Connect為團隊成員提供平台，讓他們有足夠信心向管理層提出自己的想法及建議。每次聚會過後，相關部門主管將獲分派跟進行動，務求團隊成員有更好的員工體驗。

隨著旺季來臨，以及本會運作已恢復得九九十十，就像以前一樣，想藉此機會提醒大家以下**規則及指引**，確保本會所有人都有安全及愉快的體驗：

- **兒童看管：**會員須負責看管同行的兒童，包括訪客在內。請確保兒童經常得到適當的看管，本會室內範圍不准奔跑及喧嘩。
- **私人教授及媒體使用：**只有與本會有服務合約的個人才可提供私人教授。未經本會特別批准，嚴禁將在本會範圍內拍攝的照片或影片用作商業用途。
- **體育館使用：**除了指定足球訓練時間、足球班時段或本會授權的特別活動，嚴禁在體育館踢球，以確保所有球場使用者的安全。
- **音樂播放：**除非獲得本會管理層事前批准，否則禁止在本會公開播放音樂，以免影響或騷擾其他正在使用設施的人。
- **訪客及監護人：**請留意會員的監護人並非會員本人，所以監護人無權帶訪客進入本會。
- **主球場使用：**主球場主要用於球隊訓練及本會授權的比賽，任何社交遊戲或原定已安排時間表以外的球類比賽應在訓練場而非主球場進行。我們懇請大家避免在主球場的草地/草皮上行走，以確保主球場有長遠的保養。
- **定期檢查：**本會職員會進行定期檢查，嚴格執行指引。非常感謝大家的合作，堅守規則，為所有會員帶來裨益。

總經理 林克朗



The party is back with more fun this year!



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SATURDAY | **9th** | **NOON - 7PM**
December 2023 | Main Pitch, Infield



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AQUA FUN POOL PARTY

FRIDAY, 6TH OCTOBER 2023



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HONORARY MEMBERSHIP CEREMONY FOR CATHERINE





COX

This Autumn, we had the honour of hosting one of the most decorated netballers of her generation – **Catherine Cox AM**, former Australian Diamond, currently a prominent netball commentator. Her leadership qualities and shooting accuracy in the most challenging positions were key to Australia’s successes of the era.

Over the course of her tour, apart from tasting and seeing the sights of Hong Kong, she watched and coached our junior academy as well as shared her top tips with our seniors. Over the weekend, she hosted an intensive coaching clinic for our junior players –

an amazing opportunity to be coached by a world-class player.

Cath’s trip was concluded with an Honorary Membership – to recognise her contribution and illustrious career in netball. She is the 25th recipient of the honour since the Club’s existence and we’re proud to have another woman to join the list!

Scan the QR Code
To view more photos



The former Australian Diamonds captain shared her wealth of experience and coached both seniors and JNA over match nights and in training on 27th September.



PLAYER BIO

1997-2013: She made 108 senior appearances for Australia

Cox captained Australia on seven occasions, including when they won the 2011 Constellation Cup.

Plays GS/GA, stands 1.88 m (6 ft 2 in)

2004 & 2005: Named Australian International Player of the Year

2008: Named Australian ANZ Championship Player of the Year

2022: Named a Member of the Order of Australia

Fourth Australian netball international to reach 100 games, joining the likes of Vicki Wilson, Sharelle McMahon and Liz Ellis.

MESSAGE FROM CHAIRWOMAN



Natacha Cuvelier
Chairwoman

A big welcome to new and returning players! It's been an action-packed kick-off to the season so far. Over the summer break, we hosted "Pick up a bib" – match nights opened to members and non-members to join. Over 7 weeks, we welcomed 60+ players across our courts. It was a fantastic opportunity for players to experiment out of their comfort zones during the off season.

Off the back of the program, we saw a rise in interest in our trials. This season, we have formed 6 competitive teams – adding 1 more social team to the mix. Let's go Monsoons!

With post-COVID era settling in, we see the return of international sporting tours. We're proud to share that 7 players from the senior section have made it to the National Open Team, including: **Annie Tsoi, Courtney Smallwood, Emily Lau, Jennifer Wong, Serena Fox, Shirley Yuen and Zenia Wong.** We wish them all the best in their upcoming tournaments.



In September, we had the opportunity to host the legendary **Catherine Cox AM** in Hong Kong. The former Australian Diamonds captain shared her wealth of experience and coached both seniors and JNA over match nights and in training. And to top it off, she was awarded an Honorary Membership to the club for her contribution to the sport that spans 20 years.

Last but not least, from our last AGM, the community has voted in a new committee. There are a few new faces this year and we look forward to delivering an exciting season ahead.



2023-2024 NETBALL DSA OFFICERS

| | |
|--------------------------------|------------------------------------|
| Chairwoman | Natacha Cuvelier |
| Vice-chairwoman | Claire Baldwin |
| Treasury | Gabby Honey |
| Secretary | Veronica Arnold |
| Juniors Convenor | Storm Bell |
| Attendance Officer | Serena Fox |
| Memberships | Suzie Keady |
| Social Convenors | Lauren Laroche Daniella Sabnani |
| Communications Convenor | Jackie Law |
| Kit & Equipment | Lauren Gorman |
| HKNA Representative | Marie Farley |
| Umpiring Convenor | Cici Hui |
| Trials/Coaches Support | Helene Bibeau |
| Social Team Rep | Jane Wakeman |

MATCH REPORT FROM HKFC HURRICANES

LOCATION Wong Chuk Hang

OPPOSITION Hantang Chillin

FINAL SCORE

HKFC Hurricanes **20 - 28** Hantang Chillin

KEY MATCH MOMENT

It was a real nail-biting match with incredible turnovers throughout, keeping the score neck and neck, particularly in the third quarter when Hantang were only able to score 1 point.

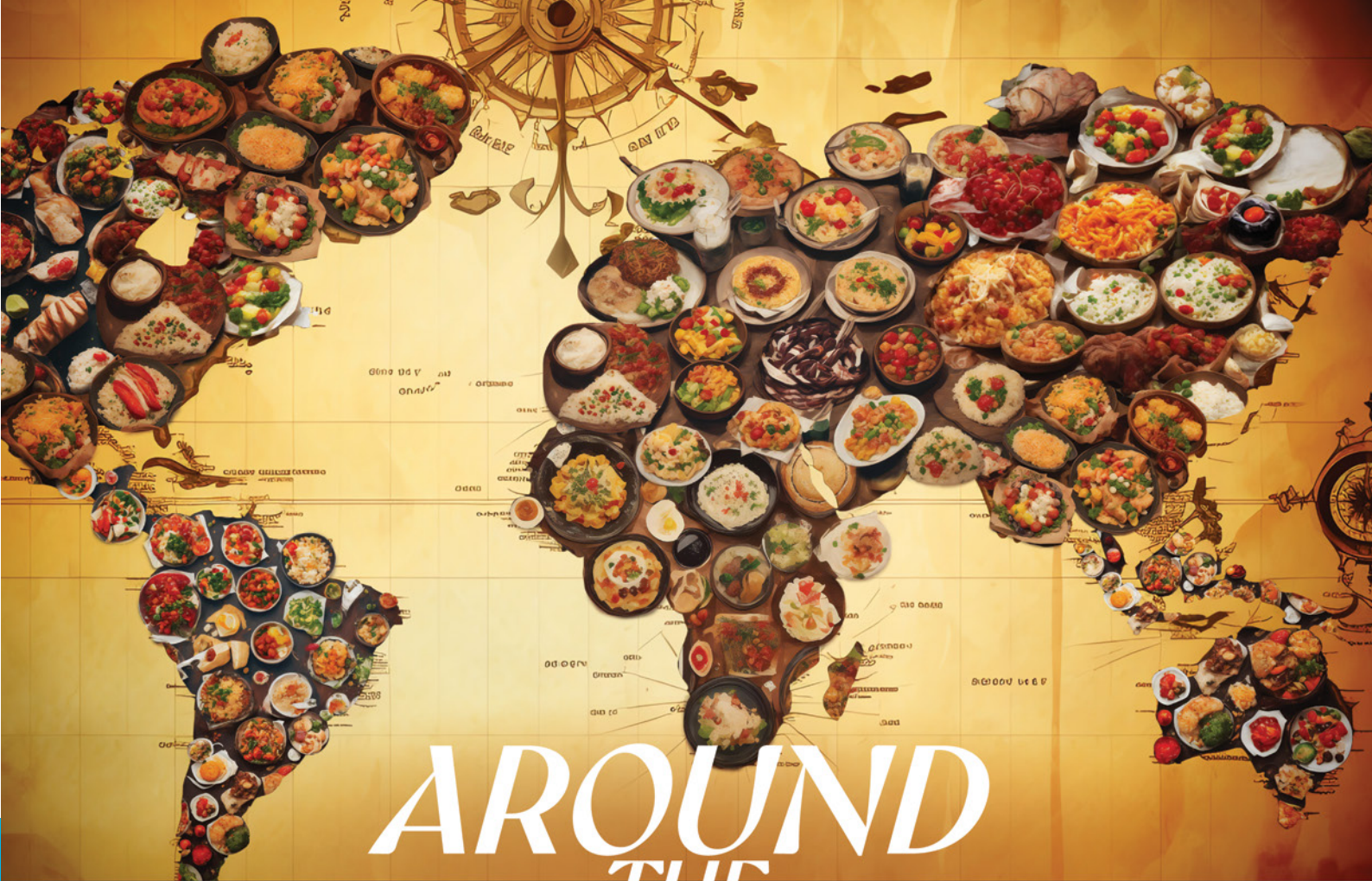
TEAM WORK-ONS

Going into the last quarter with an even score, we lost sight of the drive that kept us in the game up until then. We need to work on keeping the intensity

up when the game is close, and not putting our heads down as it could have been anyone's game!

MVP/WHY?

As this is the Hurricanes' first game, this one has got to go to the whole team. This season, the Hurricanes have many new faces, with many players new to Div 2, and it has been great to see the team come together and play a fantastic netball match.



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FORMER HKFC TRIKID

CHARLIE HALL MAKES HONG KONG PROUD

AT ASIAN GAMES, HANGZHOU



On 2nd October, Hong Kong team won a bronze medal in the Hangzhou Asian Games Triathlon Mixed Relay event. Triathlon Mixed Relay team consisted of two male and two female athletes, each of whom completed a 300m swim, a 6.6k bike and a 1.86k run. The Hong Kong team, comprising Wong Tsz-to, Bailee Briana Brown, Jason Ng and Charlotte Hall, won a bronze medal with a total time of 1 hour 28 minutes 22 seconds.



The Asian Games were delayed by a year due to Covid 19. How did you adjust to this mentally and training wise?

"Of course, it was disappointing at first to find out that I'd have to wait another year before getting to race at Asian Games, but our team is very young, so we knew that having this extra time to train and prepare would actually work in our favour. For myself especially, this additional year of training and racing was a huge help because I was able to gain a lot of fitness and experience in that time, which allowed me to go into the race much stronger and feel more prepared."

Can you please share the atmosphere at the games? How does it feel to be part of such an elite group of international athletes?

"The atmosphere at the games was amazing! This was my first time competing at a major games, so getting to experience such a high calibre event was really exciting. Staying in the

athletes' village was such an interesting and unique experience; having a purpose-built venue just for this event was incredible, it felt very different from any other race I've done which made the whole event more special. It was also amazing walking around the village and seeing all the Hong Kong athletes from other teams – even if I didn't know them personally, seeing other people in the same Hong Kong team kit as me created this amazing sense of team and belonging, which I think helped motivate me a lot because I knew that I wasn't just racing for myself but for my teammates and for the rest of Team Hong Kong as well."

For our readers, can you please share how a mixed relay triathlon team executes the race? What was the hardest part for you?

"A relay team is comprised of 4 athletes: 2 men and 2 women. Each person completes a very short triathlon (in this case it was a 300m swim, 6.6km bike and 1.8km run) before handing off to

the next member of the team. All teams alternate between men and women for each leg, with men competing in legs 1 and 3 and women in legs 2 and 4.

We've done several relay races as a team over the last year or so, so I was quite familiar with how it worked and what my role was within the team. However, as I was on the anchor leg, I definitely felt a lot of pressure competing at such an important event as I knew that the team's result here was more significant than any of the races we had done previously. The first 3 legs went really well for the team. Our first boy, Tsz To, was able to get a good start and create a large gap to Kazakhstan on the run which set us up really well as we knew they were a very strong team and could be tough for us to beat. Over the next two legs, my teammates Bailee and Jason did a great job of catching and then overtaking the teams ahead of us, meaning that Jason handed over to me in second place with a decent gap to China and Korea

behind. Even though we were in a good position starting leg 4, I was very nervous as I knew that the athletes behind me were strong, and I really wanted to finish off well and do justice to the great work my teammates had put in.

The race itself was very tough; the run course was extremely hilly and the athletes around me all put up a great fight, but I think the hardest part for me was dealing with the nerves and pressure pre-race. Seeing that we were in such a good position but with so many strong athletes around us was very nerve-wracking because I knew it was going to be a tough race and we were so close to getting a good result, so I didn't want to throw it away at the last minute. I don't think I've ever been so nervous before a race, but I knew I needed to just give it everything and get the job done!"

It's a huge achievement to be selected to represent Hong Kong at the Asian Games and then bring home a medal! How does it feel? Is this a dream come true?

"Getting to represent Hong Kong at the Asian Games was amazing in itself and coming home with a medal is even more special. I remember watching our team win bronze in the relay at the 2018 Asian Games and just feeling so proud of what they had done after all the hard work I'd seen them put in, so now to get to experience that myself is amazing!"

We read quotes on how nothing great can be achieved without extreme hard work and sacrifices. You have shown this through your actions! Can you please share your journey of hard work and sacrifices?

"It's been a long and tough journey to get to Asian Games! It took several years of work to get to a level where I was even able to compete to be selected for the team – we have a lot of strong girls now on the national squad, so there was plenty of competition for the three slots on the team! I've had to put in a lot of dedication and commitment over the years in order to get to where I am now – spending extra time at secondary school in order to keep up my training through IB and watching all my friends go off to university while I stayed at home was particularly difficult, but I knew that I had made the right decision for me and that it would pay off eventually.



I also had to make some sacrifices within triathlon, such as sitting out this year's U23 World Championships which fell just a week before the race at Asian Games. Although it can sometimes be hard to make sacrifices for training, I know that it's helping me get to where I want to go and that it'll pay off in the long run. Being able to achieve results like this one really makes everything worth it."

What are your goals for coming year?

"My plan for the next year is just to focus on training and improving as much as possible. Getting results like this is a great step in the right direction, but I know I still have a really long way to go. My focus next year will probably be on Asia Championships and World U23 Championships which will be both pretty tough races, and it'll be great to see how I can perform against other athletes in Asian and the rest of the world."

How did and your team celebrate the success?

"We still have a few more races coming up which we are now in training for, so we couldn't celebrate too hard, but we were lucky to have all of our parents in Hangzhou for the race, so we were able to have a wonderful team dinner along

with all of our families the night after the race, which was really nice!"

How do you manage to juggle extremely demanding training schedule with expectations from school, family and your social / friends circle?

"Triathlon is a very demanding sport; we train really long hours and often have to be away for long periods of time for competitions and training camps, which makes it hard to find time for other things. In general, I really enjoy training and I'm very lucky that I basically get to do my hobby full-time so I don't really feel like I'm missing out on other things, even when I do need sacrifice things that other people in my age normally get to do, like spending lots of time with friends or at university. I have a great group of teammates around me who I'm very close with, so I do a lot of socialising during and around training, but it can still be hard to balance triathlon with other things.

I miss my family a lot while I'm travelling, but I try to see them as much as possible while I'm at home, and they will sometimes travel to see me at some of my races which I love. My parents have always been very supportive



and understanding of my training, which is something I'm grateful for because they've had to make some sacrifices along the way too, and I'm sure it hasn't been easy on them.

I've also had fantastic support from my school and university; I've just started at HKU and I'm very lucky to have been accepted into their TADAS scheme which gives allowances for athletes to help us balance our sport and academics so that I can continue working on my degree at a manageable level while still focusing on training and competing full-time."

We learnt that you have been training all this while for the long course individual event but last minute there was a change in plan and you had to enter a relay race.

"I had originally been expecting to race the individual race which was a standard distance triathlon (1500m swim, 40k bike, 10k run) while the other two girls, Bailee and Hilda, raced the relay, but unfortunately Hilda had an accident on her bike just a few days before the race, so I had to switch over to race the relay instead. This definitely added a bit of stress in the lead-up as all of my training and preparation had been done with the longer race in mind, and I was nervous about how I would be able to perform over the shorter distance, but I've had some fantastic experiences racing in relay events over the last year and I was very excited to race with my teammates after putting in months of hard work together."

DINARD'S SWIMRUN, FRANCE



Nicolas Gontard and Australian teammate Jonathan Martin came third Men's team (out of 126 teams) in Dinard's SwimRun on 10th September 2023 in a time of 2h37. The race consisted in 17km of trail run and 3.5km of ocean swim along the beautiful Emerald Coast of Dinard in Brittany, France.



IRONMAN WORLD CHAMPIONSHIPS NICE FRANCE

Richard Hall delivered a spectacular race at Ironman Philippines earlier in the year and qualified for Ironman World Championships, which for the men was being held in Nice, France for the first time. As per Hall "IM Philippines was a daft bet, and a surprise qualification", which is very humble of him. Nice has been the home of European

long course triathlon racing since the 1980s, the 10th September course was a 3.8km swim in the azure seas of the Mediterranean, a stunning 180km bike course, with 2,400m of climbing, in the mountains over looking Nice and a 4-lap, 42km full marathon on the Promenade des Anglais in the heart of Nice itself. A superb event in a great location, every bit as difficult as the traditional course in Kona, Hawaii.

Whilst not the traditional recovery method in the coaching manuals, a long-standing promise saw Richard (and 27,000 other athletes) on the start line for the Copenhagen Half Marathon on 17th September, the weekend after his Ironman in Nice. A flat, fast course through a beautiful city went some way to overcoming tired legs, as did the free recovery Carlsbergs provided at the finish!! A great day out with beer to finish – an unbeatable combination.

Congratulations Richard on both Nice and Copenhagen!



1ST DISCOVERY BAY OPEN WATER SWIM RACE, HONG KONG

Congratulations to **Simon Brewster** and **Shane Davis** who joined the very first race organised in DB on 24th September. **Simon** won his AG in a time of 01:08:04 and **Shane** was fourth in his AG in a time of 01:08:39. In **Simon's** word, "photos don't justify how beautiful a swim it was. Rough water with strong currents made us both work for it".



2023 HONG KONG TRIATHLON CHAMPIONSHIPS

Vasco van der Flier joined the Olympic distance (1.5k swim, 40k bike and 10k run) triathlon on 17th September at Plover Cove. **Vasco** took the podium with 2nd in his AG in a total time of 02:22:34. Congratulations **Vasco** for this superb performance on a hot and humid day.



2023 HONG KONG AQUATHLON CHAMPIONSHIPS

Mayank Vaid joined the aquathlon race (900mtr swim and 8k run) at Tai Po Waterfront on 3rd September and finished third in his AG in a time of 00:53:30.

HKFC SWIMMING GALA



On 23rd September, the Swim Gala came alive in the Club's swimming pool. With many adults, and kids fun events and races, it was a well-attended event by club members and families. It was great to see kids race in a friendly environment and walk away with some medals.





SHORT COURSE MASTERS SWIMMING COMPETITION PART 1

SUNDAY, 17TH SEPTEMBER 2023
SHING MUN VALLEY

After a very successful World Aquatics Masters Championship in Fukuoka in August, the team is back competing at the HKGSA (HK China Swimming Association) short course (25 meters) meet.

It was another very successful outing by the Football Club masters swim team. Of the 21 individual events competed in, FC won 11 Golds, 2 Silvers and 3 Bronzes and claimed 4 new Hong Kong masters records. Our world champion swimmer, **Craig Nortje** is back in action and cruised to 3 MR (meet records) in 100m Individual Medley, 25m Fly and 100m Free. There is just no stopping **Craig** as he aged up to the 45-49 group, this year. The other individual MR was set by our very fast **Pete Inglis** in the 65-69 age group in 25m Fly event. Olympian (why do we use the term ex-Olympian?), **Arthur Li**, having set new HK mark in 800m free at the Worlds, raced in the much shorter distances and won Golds in all 3 entries, 100m IM, 25m Fly, 100m Free. Who cares if it is LC or SC, long or short races, as long as there is water, **Arthur** will have others following in his wake! Our new sports members **Shane Davis** and **Braedon Sharp** competed in the pool the first time for Football Club. **Braedon** shot to 3 Golds in 100m IM, 25m Fly and 100m Free! **Shane** raced in the very competitive 25m Fly and 100m Free with both being PBs (Personal Best times). Good job **Shane**! Similar to **Shane, Anthony Lo**, our lane 4 swimmer also achieved 2xPBs, this time in 100m IM and 25m Fly. **Edmund Wan** FC's most consistent racer, again claiming Gold in the 50m Free event and added 2 silvers in 25m Breast and in the 100m IM that was won by **Arthur**. Our **Farah Master** came out of retirement recently from racing, after having nurtured 2 little ones. She seldom does non freestyle events and now winning 2xBronze medals in 25m Fly and 100m IM.

In the relays, we won Gold in the Men 200-239 Medley Relay an setting a new MR, taking maximum points. In the mixed free relay, thanks to **Dr Angie Fong** stepping up to join the team as the 4th needed member. **Angie** a solid team player, is rewarded with a Bronze medal!

Next HKGSA meet is on 3 December. Look out for some amazing results!



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KIMCHEES' 2023 SEASON

It is a worrying time once the formal winter hockey league is over. The cup runs are done, the last award is given and the final dance is danced. Too soon, our youngest leave on one-way life tickets to higher education and innumerable families swap Hong Kong's record-breaking summer heat and humidity for unfeasibly generous, I mean months-long periods, of gadding about global insta destinations: so what then is a player to do for friends and a game?



The answer, of course, is Kimchees hockey for the whole of July and August for a crack squad of summer leftovers who, it turned out, were actually quite good and really very committed. As the summer wore on, we were also an increasingly merry crowd of summer orphans, lapping up the

largesse of our revamped Sportsman's and silky, smoothly operated blinds and tuneful fire alarms (btw, do try the grilled octopus, it's ever so good, especially with the house pinot noir).

Fortunately, our co-founder, **Kim Roberts**, had the foresight to enter

two Kimchees teams which was just as well because we were routinely numbering over 20 players a game on our TeamSnap. Sure you expect some dropouts on the day, but if anything it seemed to go the other way, we'd get extra on the day, so people started to contribute to others that were short

too. All this meant that if you wanted to do so, this summer you could play 2 games a night and do that twice a week, and many of us did exactly that! I don't know what they do for day jobs, but they didn't seem to need to get in early the next day either as I lost count of the number of times my whatsapp was filled with the endlessly fascinating video clip of descending blinds at 1am (sometimes followed by security guards at 2am).

Immense credit then is due to **Geoff Wong** who somehow kept the stats throughout all that: 32 players played 147 times and that's just the Kimchees games! This was also the hottest summer on record in Hong Kong. How we achieved this much hockey in this humidity and heat is beyond impressive (and slightly looney).

Plaudits from the stats should go to the **Leung** family of **Bertie**, **Hamish** and **Chloe** who topped the charts with 120 cumulative points. However, that's cheating, so in fact **Ida** won the Fantasy Stats competition and also came 2nd in the Glory Hunters table. Suspicions that actually the entire Kimchees construct is founded to make Ida look THIS good was of course dismissed out of hand as absolute poppycock. Hamish was runner-up to Ida in both tables and not to be out done in the look-at-me stakes. **Queen Shona** (Disney's next character don't you know) won the Glory Hunters table :). Somehow your diarist and occasional captain finished 4th in both tables, but I think that had more to do with reintroducing the 2-3-5 formation to the Kimchees after an absence of about 45 years back to the 80s! It's fair to say players were about as fermented as their team's namesake by the introduction of the concept, but to everyone's eternal credit, we persevered and in no time at all goals were flying in quarter after quarter and game after game, with barely an opportunity in front of goal missed (not actually true, but you get the picture and if we'd had decent forward, it would have been true).

Kimchees were delighted to see returnees in the form of **Neil Norman** and **Chee Ip** (the other half of Kim-Chees – yes I did have to explain that to some). For even just a brief few days, Kim was in town too, and it was all love and re-unions again and yet more blinds coming down.

Chee even took over captaincy and, not to be outdone, came up with his own hitherto never-before-seen formation for the 18 large squad due to turn-up that evening, simple & concise, no 2-3-5 bollocks, just 2. Two. Yes. Nice and simple. 2 names on a sheet of paper titled 'Team Formation'. Needless to say he lasted about as long as a chelsea managed, and we packed him off to Belgium and normal service was resumed (2-3-5 naturally).

An absolutely brilliant summer, see you all next time! Oh and don't forget to follow Kimchees Hockey on instagram, a tangible achievement from the brains trust one evening sometime after a match but before the blinds came down.



RAIN CAN'T STOP US



Come whatever kind of weather – no matter what Mother Nature throws at us, our pre-season training kicked off in August with a bang! The turnout rate was incredible as usual, with both familiar faces from the existing team and enthusiastic newcomers eager to join the club.

favourite snacks while dissecting game strategies, formulating game plans and analysing the moves of our opponents. The atmosphere was vibrant as everyone, old and new, engaged in lively conversations and shared their insights and experiences.

Everyone dusted off their gears and trained hard for the first time after the summer. With rain pouring down and winds howling, it felt like we were in the middle of a wild water polo game rather than a field hockey practice. According to the Hong Kong Observatory, it was the heaviest rainfall the region had experienced in at least 500 years! Despite being pelted by rain

and wind, we braved the elements and exhibited true grit and determination.

Although the outdoor training was cut short due to the continuous downpour, the team showed their genius by turning the training into a tactical discussion at the dry, warm and cozy Sportsman's Bar. The whole team gathered around, sipping on cold brews and munching our

The pre-season training fostered a strong sense of camaraderie within the team and strengthened unity that would be crucial for the upcoming season. With determination and anticipation, we eagerly look forward to embracing the new season with all the challenges and fun it may bring.

Gary Tsang



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JUNIOR SOCCER SUMMER TOUR 2023

West Ham United, Nottingham Forest, Leicester City, Derby County, Bristol City, Lincoln City... just some of the names our HKFC Academy teams were able to play against this summer as our Boys' U12, U13 and U14 squads travelled to Oakham in England to play in tournaments held at the prestigious Oakham School.

In addition, our players received training sessions from professional Academy coaches from Norwich City and Leicester City prior to the tournament, and were lucky enough to see live, professional games at Derby County's Pride Park and Peterborough United.



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BEST ↗*



Oakham

B/C - 15

I Love



SPORTS



The Team



In recent years, one of the problems Covid threw up was our not knowing how our boys compared to global peers; without the ability to travel and compete in places like Gothia Cup, Sweden, it is hard to know if our Academy is producing players of the correct calibre.

The first thing players noticed was the intensity of matches and the high energy game that UK teams play. Our boys were quick learners, and one of the highlights of the trip was both the U14s and U12s beating Bristol City at the end of the first day, 2-0 and 2-1 respectively, to send players and coaches back to the school dorms elated.

Our U12s backed this up with a strong showing against West Ham U12s. When 3-1 down, HKFC powered back to 3-3 and had the Londoners in a panic, hitting the woodwork to try and take the lead! Unfortunately, two late goals gave WHU a 5-3 win, but HKFC did themselves proud against English Premier League Academy opposition.

Our U13s had a tougher week, struggling in the group stages, but showed they had learned lessons during their stay at the tournament by beating Napa United from California 1-0 in their final knockout game.

Importantly, as well as the boys learning football lessons on the pitch, it was an excellent chance for them to bond off the pitch and represent not only HKFC and Hong Kong, but the whole of Asia, being the only team from the far East. We are delighted to say they did us proud, with the organisers inviting us back to compete next year.

Graeme Lane
Soccer Section Captain



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KIT COLLECTION



A huge thank you to our volunteers who helped organise and distribute our youth players' kit for the new season. Across two weekends, we were able to distribute the 2023-24 kit to over 800 youth players, plus our many volunteer coaches. The kit collection sessions were also an opportunity to collect old season kit that is still in good condition to be donated to our charity partners.



NEW SEASON

FINDING BALANCE:**HOW BEING A MULTI-SPORT ATHLETE ALLOWED ME TO GROW**

If I had to give a rough estimate, I'd say I've spent at least two-thirds of my lifetime in either a pair of hockey skates or Asics squash shoes. Ice hockey and squash, what a strange combination of activities. There is no correlation in either, yet somehow, they fit together incredibly well.

Last year was my first year at a boarding school, and it would be my first time playing squash as a team sport. I was incredibly nervous that the adjustment would be difficult, but after our first home game, every ounce of anxiety I had simply dissolved. I realized that all those years of playing a team sport like hockey had allowed me to develop the skills needed to be a good teammate. I could confidently share the spotlight with others without feeling as though my ability was being questioned, lift others up when they needed it, and celebrate other people's wins. I watched my peers struggle to do the same, which opened my eyes to how much each sport has helped my development.

From squash, an individual sport, I learned how to be mentally tough. I learned how to pick myself back up after falling on my face and self-motivate in high-pressure situations. I learned to lose and focus on the good, even when everything was crashing down. This resilience carried over into the rink. Being a girl playing in a men's hockey league meant the audience's eyes were usually drawn to me. This

brought me immense pressure every game as I felt I had to perform my best every time to seem like I deserved my spot. Whenever the pressure began to overwhelm me, I tuned into that quiet place – the one squash had given me. In this place, no one could get me. The crowd didn't exist. This place was safe. Dual sports didn't just benefit me mentally but also physically. I started skating at three, and from a young age, my dad trained my legs to develop the strength needed for a physical sport such as hockey. I would do plyometrics and squats regularly, which allowed me to get faster on and off the ice. Hockey is fast-paced, and being agile on the ice is a superpower. Getting a headstart on training allowed me to become one of the fastest kids, which earned me the respect of the boys on my team. When I picked up my first racquet at seven, I would never have thought that from then on, squash would become such a large part of my life. I merely started as a hobby, but my dad saw potential in me and urged me to take it more seriously. Having strong legs is vital for

When I picked up my first racquet at seven, I would never have thought that from then on, squash would become such a large part of my life.





squash, and all of the training I had previously done for hockey carried onto the court well. I had an impressive lunge and could recover shots well. Now that I had the quickness and strength, all I had to do was train up my technique. Soon enough, I was winning national championships in my age group and even made it into the finals of one of the most prestigious tournaments in the world: the US Junior Open.

Balancing two sports at a national level is a challenging task. It's incredibly exhausting, always rushing from one practice to another. I sacrificed a large part of my social life for sports. As a kid, all I wanted to do was hang out with my friends and do silly things like going to the mall. Now, I've realized that in my lifetime, there will be a million other chances to do stupid activities with my friends. What I remember from my childhood wasn't the one missed mall trip from when I was seven; it's the feelings of glory and admiration I earned from breaking barriers in sports. It's the memory of standing on the podium at the US Open. It's the memory of being invited to my first Women's World Ice Hockey Championship in Bulgaria for my country. These are the memories I'll take with me to my grave.

Sports have enriched my life for the better. They've shaped me into the



person that I am today. I've grown from an intense fear of failure to learning to use those negative experiences to channel improvement. Wherever I go in the future, I know that the lessons I've learned from sports will stay with me. They will always be a part of my character, and even when I'm fifty, inside, I'll still be that little eight-year-old who wanted to conquer the world. If there's one thing you take from this article, it's to never let anyone tell you that your dreams aren't valid. I've been told a million times to quit either of my sports, to focus on one, even though I live and breathe both. If I had listened, I would've missed out on all the life-changing opportunities being a dual-sport athlete had to offer. There's always room to do everything.

Alyssa Ho



NATIONAL DAY CUP 2023

Glad to notice that the HKFC team had won **the runners-up of the National Day Cup 2023** which was held on 30/9-1/10. Mixed Pairs were played by **Grace Chu** and **CT Wong**, whereas **David Chiu, Shadow Law** and **Stanley Luk** played Mixed Triples on the first day. They performed very well in first day round-robin stage and made it into top 16.

On the National Day final stage which was knockout stage, **Christina** played Mixed pairs with **CT Wong**, and the Mixed Triples team had the same line-up of the round-robin stage. **CT** as a good skip, he performed his strong drawing power and turned essential heads. He won all 8 games those two days and made both teams proceed to the final. Unluckily, they only lost the aggregate to FC and got the runners-up.



HKLBA SUMMER LEAGUE RESULT

| | Team | Division | Rank |
|---------|------|----------|------|
| Women's | A | 1 | 1 |
| | B | 2 | 1 |
| | C | 3 | 6 |
| | D | 6 | 5 |
| Men's | A | 1 | 1 |
| | B | 2 | 1 |
| | C | 2 | 9 |
| | D | 5 | 1 |
| | E | 6 | 1 |
| | F | 7 | 1 |
| | G | 10 | 4 |



HAPPY SHARING

Celebrate leading in the Summer League and Mid-Autumn Festival and our Women's Captain's Birthday.

Women's Team A, after 14 games, got 79 points and rank No.1 in Division 1. Hope them keep going and get the Champion again in 2023.



**AUSTRALIA
V
HONG KONG
CHINA**

Men's Singles
Round 5

**WORLD BOWLS
CHAMPIONSHIPS**
Gold Coast, Queensland 2023

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WORLD BOWLS CHAMPIONSHIPS 2023

After a 3-week intensive schedule, **Tony Cheung** (our Bowls section Men's Captain) represented the China Hong Kong team and got into the Quarter-final stage of the Men's Singles in the World Bowls Championships 2023.

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2023

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TUESDAY, 11TH JULY 2023
CLEAR WATER BAY

GOLF OUTING

The Golf Society were fortunate enough to secure a slot at the renowned Clear Water Bay course. Nestled along the breathtaking coastline, Clear Water Bay Golf Club offered the perfect backdrop for this memorable day as a few of us had never played on this stunning course before.

We were once again very lucky with the weather, hot day with a light breeze, excellent golf conditions as 24 Golf Society members arrived one hour before the first tee time and we were given HKD200 vouchers to spend at the pro shop. There wasn't much that we could buy as most of the decent items were already over HKD1000, so most of us ended up buying golf balls and Gatorade for the round, which was perhaps a more practical choice!

After some much needed warm-up on the practice greens and some serious sun cream application, our golf day began. In keeping with tradition, and the fact that I have to set the nearest to the pin and longest drive flags, I started things

off along with **Robin, Joel** and **Adrian** in the first group. The course wasn't very forgiving on mishits. There were a few narrow fairways, and our shoes ended up collecting a lot of sand; speaking of bunkers, they were something else and were not the easiest to get out of from, photos attached for reference! Although my round wasn't spectacular, I wasn't in the least bit bothered; I was just delighted to be there, soaking in the breathtaking surroundings and having the opportunity to play a round on such a fantastic course. If you haven't been to Clear Water Bay for a round before I would highly recommend it.

This was **Thomas McGillicuddy's** last golf match with HKFC GS before he leaves Hong Kong to begin a new chapter in the UK. Best of luck to Thomas as he embarks on this new chapter in the UK.

Overall, it was an amazing day out for all of us; whether it was the sun, beer or the challenging course, we were all exhausted some more than others.

STABLEFORD WINNERS

| | | |
|-----|------------------------|--------|
| 1st | Craig Tuckerman | 40 pts |
| 2nd | Lilly Chan | 38 pts |
| 3rd | Donald Roberts | 37 pts |

NEAREST TO THE PIN

| | |
|---------|----------------------------|
| Hole 1 | Craig Tuckerman |
| Hole 4 | Adam Frampton |
| Hole 6 | Jenny Chapman |
| Hole 7 | Simon Hague |
| Hole 11 | Thomas McGillicuddy |
| Hole 14 | Thomas McGillicuddy |

LONGEST DRIVE HOLE 10

| | |
|---------|-------------------|
| Women's | Lilly Chan |
| Men's | Matt Keefe |

BEST GROSS

| | |
|-------------------|--------|
| Matt Keefe | 82 pts |
|-------------------|--------|

"I regard golf as an expensive way of playing marbles."

G.K. Chesterton

Robin Zavou



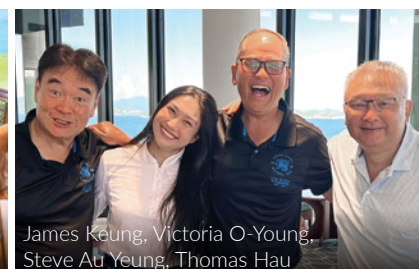
Nick Rickett, Philip Nunn, Jeff Lane



Matt Keefe, Craig Tuckerman, Thomas McGillicuddy, Greg Medhurst



Thomas McGillicuddy



James Keung, Victoria O-Young, Steve Au Yeung, Thomas Hau

Andy Ho, Dorothy Lam, Lucia Lee

**THURSDAY, 27TH JULY 2023
FANLING OLD COURSE**

Before the Old Course goes back to the Hong Kong government, this would be the last HKFC golf event ever held there. At the time of reading this, the Old Course serves as a park for the general public with a dog trail. I'm curious as to how many golf balls are still lying around in the overgrowth!

The results and photographs provided the day's activities by our assistant social secretary **Peter Ayres** are listed below. Huge thanks to Peter for stepping in and helping with the organisation for this golf event.

"If you wish to hide your character, do not play golf!"

Percy Boomer



Donald Robert, Allan Homeming, Graeme Brechin

STABLEFORD WINNERS

- 1st **Peter Ayres** 40 pts
- 2nd **Chris Burley** 36 pts
- 3rd **Terry Wright** ?? pts

NEAREST TO THE PIN

- Hole 3 **Ken Leong**
- Hole 5 **Terry Wright**
- Hole 8 **Chris Burley**
- Hole 12 **Terry Wright**
- Hole 16 **Johnny Lau**

LONGEST DRIVE HOLE 18

- Women's **Lucia Lee**
- Men's **Terry Wright**

BEST GROSS

Matt Keefe 80 pts

**MONDAY, 31ST JULY 2023
KSC SOUTH COURSE**



Gilbert Law, Wai Ming Lam, Lillian Haynes and Thomas Hau



William Chan, David Cross, and two guests Michael and Hamish

STABLEFORD WINNERS

- 1st **Gilbert Law** 40 pts
- 2nd **Jean Paul Cuvelier** 37 pts
- 3rd **Robert Bacon** 32 pts

NEAREST TO THE PIN

- Hole 2 **Jean Paul Cuvelier**
- Hole 5 **David Cross**
- Hole 8 **Jean Paul Cuvelier**
- Hole 11 **Owen Davis**

LONGEST DRIVE HOLE 14

- Women's **Lillian Haynes**
- Men's **Robert Bacon**

BEST GROSS

Terrance Mackey 88 pts



Gilbert Law



Jean Paul Cuvelier



Owen Davis



Terrance Mackey



Heather Deayton, Simon Hague, Coco Cheung, Joe Wong



Colin Lunn, Nick Rickett, Anthony Ford, Graeme Brechin



KK Law, Wong Wai Ho, James Keung, Helen Hancock



Simon Hague



Matt Keefe



Greg Medhurst



Joe Wong

**THURSDAY, 10TH AUGUST 2023
FANLING EDEN COURSE**

Despite the absence of some members throughout the summer, 24 players turned up for the golf event at Fanling.

We last visited the Eden course in May when we had our Petersen Cup. Our golf day was threatened by an enormous storm cloud, and when we arrived in Fanling, heavy rain and thunderstorms were on the horizon. Fortunately, the storm passed after breakfast, and we were able to begin!

Peter and I were on the first tee and we both have a similar handicap, so we decided to play a match play. It came down to the wire, and I won with a lucky second shot on the green and par on the last hole.

Greg Medhurst put his new clubs to good use and won the longest drive.

We also had many first-timers like **Eric Lee** and **Abhinav Sharma** who were playing on the Eden course for the first time, first-time prize winners **James Keung** and **Joe Wong** who won their first nearest to the pin, and **Ka Keung Law** who was making his first appearance on the stableford podium.

Simon Hague played an excellent round, shooting 72, getting four closest to the pins, and scoring 42 points in the stableford competition; we had to request a large carrier bag as he cleared up all the prizes!

Results shown below and well done to all!

STABLEFORD WINNERS

| | | |
|-----|---------------------|--------|
| 1st | Simon Hague | 42 pts |
| 2nd | David Cross | 38 pts |
| 3rd | Ka Keung Law | 35 pts |

NEAREST TO THE PIN

| | |
|---------|---------------------|
| Hole 2 | Anthony Ford |
| Hole 5 | Joe Wong |
| Hole 9 | Simon Hague |
| Hole 10 | Simon Hague |
| Hole 12 | James Keung |
| Hole 15 | Simon Hague |
| Hole 17 | Simon Hague |

LONGEST DRIVE HOLE 7

| | |
|-------|----------------------|
| Men's | Greg Medhurst |
|-------|----------------------|

BEST GROSS

| | |
|-------------------|--------|
| Matt Keefe | 82 pts |
|-------------------|--------|

"The only sure rule in golf is he who has the fastest golf cart never has to play the bad lie."

Mickey Mantle

Dom Pérignon

Enjoy an exceptional evening with Dom Pérignon Vintages

Date: Friday, 24th November 2023

Time: Cocktail: 19:30 Dinner: 20:00

Venus: Restaurant, 2/F

Price: \$1,988 per member

\$2,088 per member's guest



Canapés

Tuna tataki with yuzu salt
Prawn cocktail with bell pepper jelly

Crustaceans

Lobster bisque with lobster ravioli, parmesan and gruyère crackers

DOM PÉRIGNON VINTAGE 2013

French Yellow Chicken

with creamy morel, asparagus and orzo pasta

DOM PÉRIGNON VINTAGE 2004 - PLÉNITUDE 2

Aged Beef Sirloin

with white onion purée, carrot, celery and beef jus

DOM PÉRIGNON ROSÉ VINTAGE 2009

Cheese Platter

Brie, aged cheddar and colby

DOM PÉRIGNON VINTAGE 2010 MAGNUM

Coffee or Tea

Please contact the Restaurant at **2830 9562** for a reservation or email: restaurant@hkfc.com

Terms & Conditions

- Only written cancellation is accepted
- No show will be charged in full
- All fees confirmed are non-refundable for any cancellation less than 10 working days prior to the dinner
- Bookings are on first-come-first-serve basis, however, limited seats are available
- Under the law of Hong Kong, intoxicating liquor must not be sold or supplied to minor (under 18) in the course of business

Please enjoy responsibly.



SPORTS



HKFC LAVER CUP 2023

Team Europe vs Team World showdown for HKFC Laver Cup 2023



TEAM WORLD is on fire this year!! This statement holds true for both the Laver Cup held in Vancouver and the one hosted at the Hong Kong Football Club. A total of 29 players, adorned in either red or blue, proudly represented Team World and Team Europe. The event showcased the battle of the world's player as they fiercely competed for national pride, pitting Europe against the World in a unique format that united on-court rivals as teammates. The atmosphere was electric as everyone immersed themselves in an unforgettable afternoon of tennis. After four intense rounds of doubles, Team World secured a narrow lead with 104 points, while Team Europe closely trailed with 102 points. The momentum continued in Team World's favour as they surged ahead in the following singles round, establishing a commanding lead of 222 points, with Team Europe trailing closely at 211. In the final round, the pressure peaked. Aces earned 2 points, and double faults cost the opposing team 2 points. Team Europe fought hard to close the gap.

And now, it's time to unveil the result that had everyone on the edge of their seats. With a remarkable total of





313 points, Team World emerged victorious, narrowly defeating Team Europe who put up a fierce fight and finished with an impressive 311 points.

Again, congratulations to the Red Team!!
Also, thanks @atatennisaces for organisation!!

Tennis Society Gala Dinner 2023

When:
November 25, 2023 (Sat)
7:00 PM

Where:
Happy Valley Suites, 2/F
Hong Kong Football Club

Attire:
Formal, Black-tie

Contact:
For inquiries, please reach us at
hkfc.tsevents@gmail.com

SUIT UP AND CELEBRATE. RSVP NOW
SAVE THE DATE

CHAIRMAN'S BAR

EAU DE VIE.

COCKTAILS

THE "WATER OF LIFE"

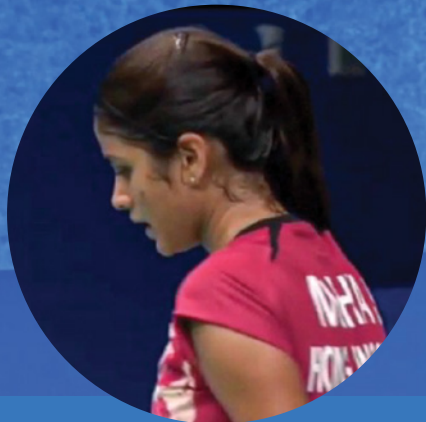
Unveil the mysteries of the "eau de vie" with these "chic" cocktails.

Available throughout the month of November.

Enquiries: 2830 9559 or bar@hkfc.com

JUNIOR ASSOCIATE MEMBERS REPORT

19th Asian Games Hangzhou



XPORA INDONESIA INTERNATIONAL CHALLENGE

As part of the preparation for Asian Games 2022, **Happy** and **Saloni** also participated in Indonesia International Challenge from 29th August to 3rd September 2023. Happy defeated opponents in round 32 and 16 including a fourth-seeded player from Thailand. She then also beat the player who defeated Saloni in the previous round and fought into semi-final. However, another Indonesian player was proven to be in a better shape than Happy, and she graduated the tournament with another bronze medal which has become her third medal this year.

ASIAN GAMES 2022 HANGZHOU UPDATE

Badminton finally commenced on 28th September 2023 with team event for last 16 in both ladies' and men's. Ladies' team was up against Chinese Taipei, and our elite JAM **Happy Lo** took up the first singles against world ranking No.4 Tai Tsz Ying from Chinese Taipei. Happy demonstrated her ability to face the challenge even though she lost in 2 sets of 19:21 and 17:21. It was a surprisingly

close match and confidence booster for Happy's future endeavour.

Saloni Mehta also debuted her Asian Games 2022 badminton team event against Hsu Wen Chi, world ranking No.21. Saloni started the game strong, leading Hsu up to interim of first set. Unfortunately, Hsu was proven to be too steady and strong for Saloni, and she lost in 2 sets as well. We wish both players have gained their experience and continue their fight towards their qualification in Paris Olympics 2024!!



JAPAN TRAINING CAMP FOR HONG KONG CHINA JUNIOR NATIONAL TEAM

23-26TH AUGUST 2023

"I am extremely grateful for this invaluable experience where I was able to play with many different players from 18 different countries. Regarding my performance, I think that it was definitely up to standard as I was able to play intense 3-set matches and maybe even win them with some of the top players. I was also very excited to be able to meet and socialise with the players from different countries while also being able to compete with them. At the same time, this opportunity also helped build our ability to work as a team. Thank you!"

Coraline Lo

TEAM COACH REPORT

“I have to credit all these juniors. The junior team has solid foundations and progressive steps within the development program, and it is important to ensure quality over quantity.”

John Leung

JUNIOR BADMINTON EVENTS REPORTING

Our annual HKFC & Torq Sports Junior Badminton Team Series 2023 has commenced on 15th September 2023. There are a total of 6 teams (2 HKFC junior teams) in two age groups and we are all excited to root for HKFC junior teams!!



MEDALLISTS OF DISTRICT AGE GROUP COMPETITIONS

Our JAMs continue non-stop into their district games that took place almost weekly. Results are as follows:



Perry Mui

Wan Chai District | Southern District
Doubles – Silver



Thomas

Southern District
Singles – Champion

Andy

Southern District
Singles – First runner-up

UPCOMING JUNIOR EVENTS

September 2023 – January 2024
HKFC Junior Team Series 2023-2024

September – December 2023
HKFC Junior Internal Ladder Competition

October 2023
YMCA Junior Team Tournament 2023

November 2023 – January 2024
HKBA President Cup

January – May 2024
HKBA Doubles and Mixed League

January 2024
HKFC Junior Badminton Ladder Series

May 2024
HKFC and Torq Sports Junior Tournament 2024

Summer 2024
HKFC and Torq Sports Junior Invitational Team Tournament



Badminton fans at Sportsman's Bar

WINNERS OF THE DISTRICTS' COMPETITIONS FROM THE MEMBERS OF THE BS



Nora Man



Amy Chan and Ivan Ho

Our tournament officer, **Nora Man**, got the 1st runner-up of the Ladies' Doubles in the Wan Chai District Badminton Competition after several rounds of "ko games" in the 18-34 age group.

Nora was not the only winner from the BS. We have more including the juniors. Our Ladies' Captain, **Ivan Ho**, paired with the ex-SPM, **Amy Chan**, won the Champion of the Eastern District Doubles in the Eastern District Competition also. Our congratulations to them and expect they could win more titles in the other coming Districts' competitions.

More news about our successes in both the adult and junior achievement will be reported in the near future. The BS is glad to see the encouraging progress in this season. With the support from the Club and the establishment of the adult team again, the society is sure to thrive and gain momentum.

BADMINTON FANS WATCHING THE LIVE HONG KONG BADMINTON OPEN 2023

After three years of silence, the Hong Kong Badminton Open revived this year. The Badminton Society (BS) seized on this chance and celebrated the event by organising two social functions which were open to both members and friends of the society. Tickets were purchased by the society's volunteers for the quarter-final tournaments at the Hong Kong Coliseum. The tickets were offered at a first come, first serve basis. Those interested and lucky guys gathered together and enjoyed the wonderful performance of the world's top players at the evening. It's really eye-striking and I'm sorry for those

that missed this opportunity.

On the date of the finals (17th September), the society hosted a lunch session at the recently reopened Sportsman's Bar for the enthusiasts to watch the exciting five final matches (Men's Singles, Ladies' Singles, Mixed Doubles, Ladies' Doubles & Men's Doubles) throughout the whole afternoon with subsidised F&B. You know, it's so difficult to get the seats in the Sportsman's Bar on Sunday. Again, BS's volunteers got the job done. One certainly would feel "oh my goodness" with the all along excitement talks amid and during the matches.

Badminton fans of the HKFC in the Hong Kong Coliseum at quarter final of the Hong Kong Open



MONDAY

4TH DECEMBER 2023

7PM - 7:45PM

CHRISTMAS CAROLS

AT THE MAIN PITCH

PERFORMANCE BY

THE HONG KONG WELSH MALE VOICE CHOIR



On Monday 4th December, our annual evening event with the Hong Kong Welsh Male Voice Choir will take place at the main pitch and free seating will be available at the Southstand (facing the Main Pitch) so we can accommodate as many of you as possible.

Mulled wine, mince pies and soft drinks will be shared with all members after the carols to all those in attendance, at the main pitch.



To save the environment, only a limited number of song sheets will be printed out on the night.

Scan the code for the online song sheet



HIGHLIGHTS IN NOVEMBER

FESTIVE CELEBRATION



Thanksgiving Celebration at the Club

FEAST, CHEERS AND GIVE THANKS!

RESTAURANT

Thanksgiving Set Dinner
on 23rd November 2023

HK\$588 per person

COFFEE SHOP

Thanksgiving Buffet Dinner
on 23rd November 2023

PRICE \$268 per adult
\$134 per elder child (aged 8-11)
\$98 per child (aged 4-7)

Thanksgiving dishes are also available throughout the month of November.

TAKEAWAY ORDER FORM

Available from 1st to 23rd November 2023. Please contact Coffee Shop for details.

COFFEE SHOP



International Buffet

Taste the flavours of the world and savour the best of every continent.

Available every Friday and Saturday evening throughout the month of November!

Beverage: Winter Drinks

CAPTAIN'S BAR

Ronald's Coffee Specials

Fuel your day with these perfect blends.

Food: French Dip Sandwich

SPORTSMAN'S BAR



Indian Curry Station

Curry-osity awaits.... curry-licious food, curry up!!

From Friday to Sunday only at the Sportsman's Bar.

Special Promotion: Chef Daniel's Menu

Beer: Old Speckled Hen

CHAIRMAN'S BAR



Dry Aged Meat

A cut above the rest and aged to impress, treat yourself to dry aged meats.

Eau de Vie Cocktails

Unveil the mysteries of the "eau de vie" with these "chic" cocktails.

Tea Set: Fika (Swedish themed tea set)

COFFEE SHOP / POOL BAR



Winter Drinks

Sip, savour and embrace the magic of winter elixirs!

KIOSK

Creamy Turkey and Cheddar Cobbler

Autumn flavours meet a cheesy perfection, for takeaway.

RESTAURANT



Member's Favourites of 2023

All the best dishes from this year in a single menu.

FAMILY LOUNGE

Pecan Pie & Pumpkin Pie

Indulge in a slice of fall with these Autumn pies

Beverage: Pumpkin & Cinnamon Drinks

CATERING



Christmas Cheers, exclusively at the Hong Kong Football Club!

Embrace the magic of Christmas and create cherished memories with your loved ones by hosting a private event at our exclusive venues, where the joy and warmth of the season come alive!

The 2023 Festive Celebration Package is available from HK\$650 per person. Book your event now while space is still available.

For details, please contact the Catering Office at 2830 9513 or catering@hkfc.com

Scan the QR Code

For menu and offers



WINE EVENTS



Friday, 10th November

Orin Swift Wine Dinner

TIME 7:30pm Welcome Drink, followed by Dinner

SPEAKER Mr. Nick Elkin, Senior Sales Director from E&J Gallo Winery

VENUE Restaurant, 2/F

PRICE \$938 per member
\$988 per member's guest

Enquiries and Bookings: 2830 9532
or restaurant@hkfc.com

Thursday, 16th November

Wine Master Class

TIME 7pm – 8:30pm

SPEAKER Mr. Frankie Law, Penfolds Representative (DipWSET, WSET Certified Educator)

VENUE Happy Valley Suite 1, 2/F

PRICE \$258 per person

\$50 refund for any wine purchased right after the class



Friday, 24th November

Dom Perignon Champagne Dinner

TIME 7:30pm Welcome Drink, followed by Dinner

VENUE Restaurant, 2/F

PRICE \$1,988 per member
\$2,088 per member's guest

Enquiries and Bookings: 2830 9532
or restaurant@hkfc.com

Sunday, 26th November

Wine Fair: Stock up the Bar

TIME 1:30pm – 6pm daily

VENUE Lockhart Room, 2/F

Tasting available

PREVIEW IN DECEMBER

FESTIVE PROGRAMME

Christmas is Coming! Welcome 2024 and a farewell to 2023!

The list of offerings in various food and beverage outlets is now available!

Following last year's success, we've brought back the Count Down Party on the 2nd floor and a host of venues to choose from. Festive reservations already commenced since mid-October.

Party on the Pitch will return on Saturday, 9th December 2023 with more kids entertainment and game booths. Sportsman's Bar will be opened for Party on the Pitch patrons only.

WINE EVENTS

Friday, 15th December

Wine Dinner: Southern Hemisphere Christmas Wine Diner

SPEAKER Mr. Braedon Links, Brand Ambassador

COFFEE SHOP

Festive Buffet: lunch and dinner buffet available daily from 1st December

Takeaway: Festive Order Form

POOL BAR

Beverage: Winter Drinks

RESTAURANT

Yule Tide Delights

SPORTSMAN'S BAR

Outdoor Cooking Station: Winter Crock Pot

Daily Special: Turkey and Ham Platter

Beer: Old Speckled Hen

Festive Activities: Quiz Night on 7th December

CHAIRMAN'S BAR

Festive Feast

Tea Set: Christmas Tea Set

Cocktail: Winter Special

CAPTAIN'S BAR

Winter Stew and Mince Pie

Beverage: Ronald's Coffee Specials

FAMILY LOUNGE

Pecan Pie and Pumpkin Pie

Beverage: Eggnog

KIOSK

Christmas Goodies and Hampers

RESTAURANT

TEL 2830 9562
EMAIL restaurant@hkfc.com



TEL 2830 9569
EMAIL coffeeshop@hkfc.com



TEL 2830 9531
EMAIL sportsmans@hkfc.com



CHAIRMAN'S BAR

TEL 2830 9559
EMAIL bar@hkfc.com



TEL 2837 2622
EMAIL bar@hkfc.com



TEL 2837 2663
EMAIL bar@hkfc.com



TEL 2830 9531
EMAIL coffeeshop@hkfc.com

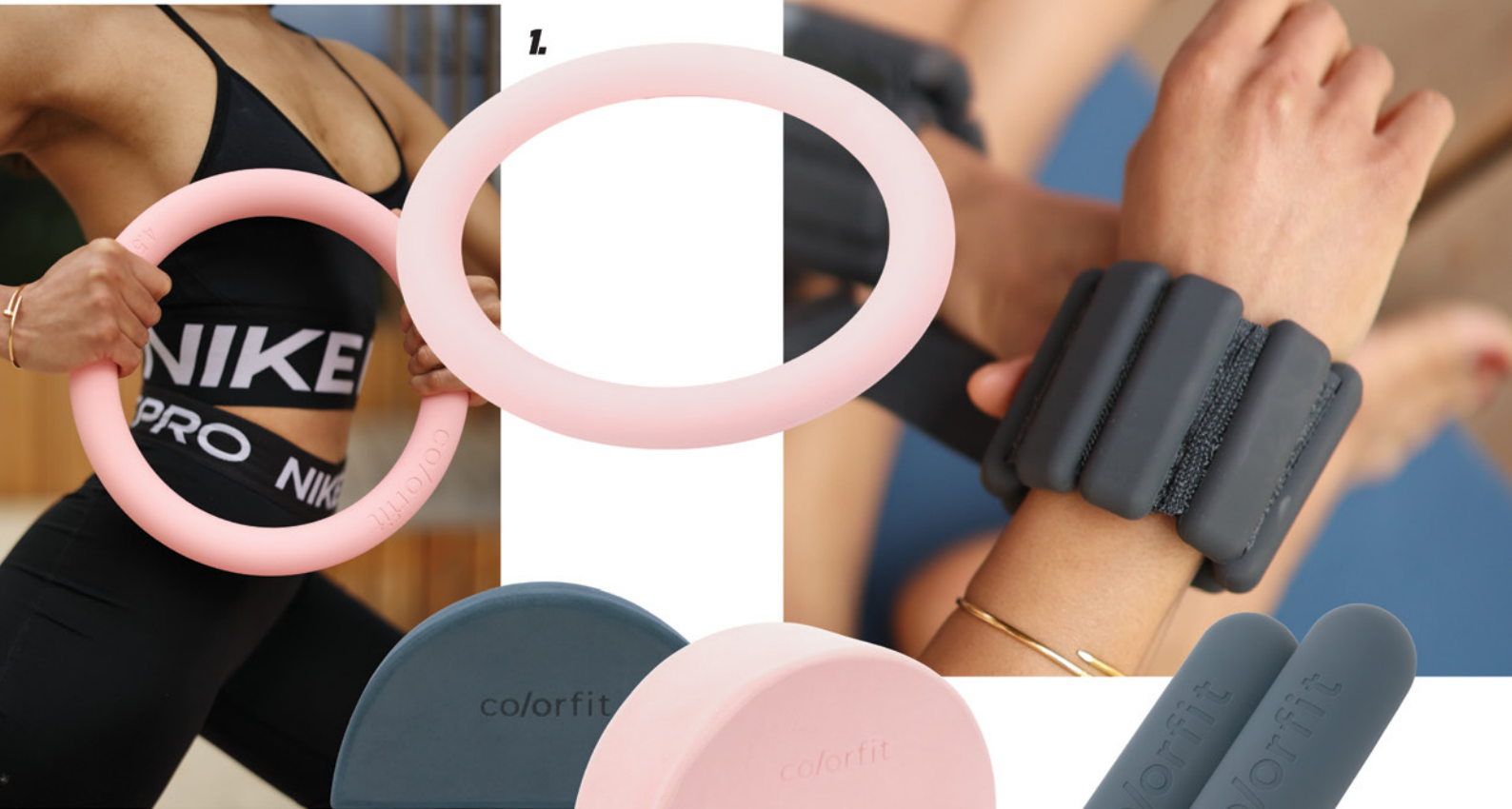


TEL 2837 2678
EMAIL kiosk@hkfc.com

CATERING SERVICE

TEL 2830 9513
EMAIL catering@hkfc.com

COLOUR *your workout*



1.

2.

4.

5.

COLORFIT

- 1. Fitness-ring | 4.5 kg \$599
- 2. Yoga balance block \$189
semicircle stable mold/anti-slip coating
- 3. Weight-bracelets | 2 pieces in set \$299
0.5 kg for ankles and wrist
- 4. Dumbbells | 2 pieces in set \$399
1.45 kg each piece

MAYA SOCKS

- 5. Pilates socks \$160



Creamy Turkey & Cheddar Cobbler

Autumn flavours meet a cheesy perfection.



Turkey and Cheddar Cobbler Pie (serves 4 persons)

\$350

Turkey cooked with pickled pearl onions, spinach, broccoli, carrot and a creamy mustard sauce, baked with cobbler dumplings

All the best dishes from this year in a single menu.
Throughout the month of November.



MEMBER'S
Favourites
OF 2023

RESTAURANT

Enquiries and Bookings: 2830 9562 or restaurant@hkfc.com